



JaxAir News

TOUCHING BASE



Combined Federal Campaign

NAS Jax CFC Drive kicks off

NAS Jax kicked off its annual Combined Federal Campaign (CFC) on Monday. The campaign runs through Nov. 30. This year's goal for the base is \$600,715. This year's theme is "United We Stand, United We Give." For more information, call Lt. j.g. Barbour at 542-2310 or MS1(SW/AW) Anthony Williams at 542-8191.

Casualty assistance officer training offered

Casualty Assistance Calls Officer (CACO) training will be held from 8 a.m.-3 p.m., Sept. 24, at the Naval Air Reserve Jacksonville, Building 966, Room 211. This course is divided into four parts which includes an overview of the casualty assistance calls program as well as an explanation of the three major categories of responsibility of a CACO: the notification visit, the funeral arrangement visit and survivor benefits visit. All units are strongly encouraged to have as a minimum two qualified CACO personnel onboard. It is suggested that one officer and one senior enlisted member from each command attends this training. E-mail birtleyb@cnrse.navy.mil for quotas. You must provide attendee's rank/rate, complete name, SSN, command and work phone number.



Free circus show tickets for military

Morocco Shriners are proud to announce Military Appreciation Night Sept. 28, at 7 p.m. for the 43rd Annual Morocco Shrine Circus. Tickets are available at the Veteran's Administration and USO offices. Admission is on a first-come, first-serve basis limited to the first 3,000.

This event will be held at the arena at the University of North Florida campus, located at 4567 S. St. Johns Bluff Rd. (near Beach Boulevard).

For further information, call The Morocco Shrine Center at 642-5200, Ext. 12.

Former POW is keynote speaker

By JO2(SCW) Eric Clay
Assistant Editor

While a 3rd Class Ordnanceman during World War II, Carl "Ed" Creamer's Consolidated PBV Catalina was shot down in the Bering Sea, off the coast of Alaska.

One of three survivors from the crew of nine, Creamer was picked up by a Japanese cruiser on June 3, 1942. He was moved through seven Japanese Prisoner of War (POW) camps, two of which were bombed by the allied forces who did not know POWs were in the area.

In the book, *We Stole to Live*, by Joe Brown, Creamer explained he was constantly traveling and began referring to himself as the traveling prisoner.

"Every time a camp was destroyed we had to move," said Creamer. The POW camps were located close to or where the prisoners worked. The allied bombers not knowing this, bombed several factories that housed the POWs.

According to the book, the allies were allowed to paint PW (for prisoner of war) on the tops of their living quarters once the Japanese surrender was announced, so the buildings were recognizable from the air and not bombed.

"Not only were we allowed to paint PW on the roofs, but we could paint messages asking for needed supplies. We would paint items like coffee, cream and sugar," recalled Creamer. They also received needed items such as newspapers, food, clothes and whatever the pilots could get for them.

"We looked like we were a supply depot, we had so much coffee we didn't know what to do with it. The bombers would open their bomber



Retired Chief Petty Officer Ed Creamer points to his chief warrant officer's picture surrounded by the members of his family who followed in his footsteps and joined the Navy. Creamer spent a year as a warrant officer before he chose to return to the rank of chief petty officer.

Photo by JO2(SCW) Eric Clay

A POW/MIA Recognition Observance will be held tomorrow at 10 a.m. at All Saints Chapel

bays and drop pallets and sea bags for us. Also, the fighter aircraft would turn their planes upside down, open their cockpits and drop supplies," added Creamer.

Once the war ended, the POWs were marched to hospital ships and treated for their injuries and illnesses.

"The bus taking us to the ship was late. We were all there waiting, talking about home when a plane flew over us wagging its wings as if to salute us. It was such a pretty sight seeing this plane and not having to worry if one of its bombs would be ours," explained Creamer.

After receiving treatments at the

hospital ships, the newly liberated POWs were flown to Oakland, Calif. Creamer recalls, "The pilot asked us if we wanted to see Tokyo and Yokahama from the air. We agreed that we needed to see what was left of the area we had been bombed out of so many times, it was a black looking place."

Upon arriving in the United States, Creamer along with the rest of the soldiers reported to

See POW, Page 12

A gathering of leaders



Bruce Lipsky/The Florida Times-Union

(From left) Jacksonville Mayor John Peyton, Jacksonville Naval Air Station Commanding Officer Capt. Mark Boensel, and Florida Governor Jeb Bush greet President George W. Bush at upon his arrival in Jacksonville at NAS Jacksonville on the morning of Sept. 9. For more on the president's visit, see Page 6.

Spanish Heritage Festival to share culture, food

By Miriam S. Gallet
Editor

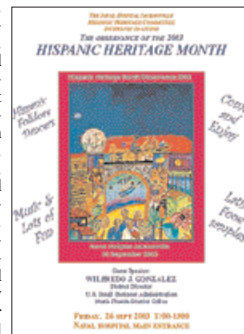
Polish your dancing shoes and prepare yourself for the fifth annual Naval Hospital Jacksonville Spanish Heritage Luncheon, scheduled for Sept. 26 from 11 a.m. to 1 p.m. at the Naval Hospital Jacksonville.

According to the Hospital's Spanish Heritage Committee Chairwoman Martiza Crespo, this year's cultural entertainment includes the popular dance group from Columbia, Tierra Mestiza. Additionally, a variety of cultural dishes from Spanish countries in Central and South America will be served. "We have representation from Argentina, Columbia, Cuba, Dominican Republic, Honduras, Mexico, Nicaragua, Peru and Puerto Rico. Those attending this year's event will enjoy savoring dishes like Spanish chicken fricassee and roast pork, Spanish rice with beans, enchiladas, Cuban bread and a variety of desserts," explained Crespo. "Every committee member has been busy preparing for this event, and we hope that every Sailor, retiree and their families come out and celebrate with us."

This year's guest speaker will be District Director U.S. Small Business Administration North Florida District Office, Wilfredo Gonzalez, a native of Puerto Rico. Gonzalez is a strong advocate of minorities in Jacksonville.

The 35-member Spanish Heritage Committee's goal is to share the Spanish culture and heritage with co-workers and friends. "While we are very proud to be Americans and place our allegiance is to the United States, we also cherish our ancestors and our ethnic background. The folklore of each Spanish nation is so beautiful, that show casing it becomes an educational experience. People love Latin music and food and next week, we are going to share it with every one aboard the base," said Crespo enthusiastically.

For more information, call Crespo at 542-7043. For more Hispanic heritage events, see Page 12



SAFETY TALK

An airline passenger’s survival guide

By Master Sgt. Reynaldo Gutierrez Sr.
Special contributor

American Airlines Flight 1420 crashed after landing at Little Rock, Ark. There were thunderstorms and heavy rain in the area at the time. The airplane departed the end of runway, went down an embankment and impacted approach light structures. Six crewmembers and 139 passengers were on board. Nine people were killed in the accident.

I mention this National Transportation Safety Board report on that June 1, 1999, crash not to scare passengers out of flying. But I do hope to get your attention and motivate you the think about some basic life-saving survival techniques. These techniques are learned from more than 110,000 aviation accident investigations conducted over the last 30 years by the National Transportation Safety Board.

While nine people died on that terrible rainy day, 129 people survived the accident uninjured. Passengers can increase their odds of survival by learning and applying some basic survival techniques.

Fly Non-stop When Possible

Reduce risk of being involved in an aircraft accident by making reservations on non-stop flights when possible. Most accidents occur during the takeoff, climb, descent and landing portions of flight, so fly non-stop to reduce exposure to these accident-prone portions of flight.

Choose Larger Aircraft

Choose a larger aircraft when possible. Larger aircraft are designed and certified under stricter regulations than the smaller aircraft. Larger aircraft are stronger and will withstand greater impact forces than smaller aircraft. They usually are better equipped, may have more safety and survival equipment, and normally have better communication, avionics and navigation equipment.

Choose the Right Clothes

Choose clothes that will offer protection during an airplane evacuation or fire. Tightly weaved natural fibers such as wool, cotton, denim or leather are especially good choices. Avoid clothing made of synthetic materials such as rayon or polyester. These

materials will melt to skin in intense heat.

Clothes should be non-restrictive and cover as much of your body as possible. Clothing should be loose enough to provide an air barrier between the skin and the clothing.

Wear low-healed shoes or boots, not sandals, with leather uppers and soles. If you can't see without your eyeglasses, wear a leather safety strap.

Self-protective Actions

Passengers should locate the nearest emergency exits. Next, count the rows to the exit, and memorize the number in case heavy smoke prevents the passenger from locating the exit. Finally, make a mental note of at least two exits in case there is an emergency and fire or debris blocks one exit.

Report Anything That's Not Right

Passengers should report anything that doesn't appear to be right to flight attendants or flight crew. A U.S. Air Flight 405 crashed on takeoff because of ice buildup. Survivors actually saw ice on the right wing before the takeoff, but relied on the flight crew to see it. They didn't and the plane crashed.

Think about a Damp Cloth

Smoke and fume inhalation is the greatest danger in an aircraft fire because passengers inhale toxic fumes and poisonous gasses, causing them to pass out and die before they can evacuate. You should cover your mouth and nose with a wet cloth as you quickly evacuate. Although this will only provide limited protection from smoke inhalation, it may give you a few more precious seconds to evacuate.

Keep low during evacuation, but don't crawl. Crawling may contribute to being trampled.

Bring a Child Restraint System

It's virtually impossible to hold on to an infant during a crash or during strong in-flight turbulence. Infants who are held in laps can be seriously injured or killed. There are many instances where children have been injured and even killed during incidents and accidents.

Children under 20 pounds should be restrained in an approved seat facing the rear. Children weighing 20 to 40

pounds should be restrained in an approved seat facing forward. Children weighing more than 40 pounds should use the standard lap belt that's attached to an airline seat. The seat should be placed in a window seat to allow an escape path during an emergency.

Evacuating the Aircraft

The safety information card will provide passengers instructions on how to use the evacuation slide. This is important because many passengers have been injured while evacuating the aircraft via the slide. The slide is designed to get passengers out of the aircraft quickly. Experts say passengers have less than two minutes to get out of an aircraft that's on fire; therefore, the faster passengers get to an exit the quicker passengers will be able to get out and survive.

Here's the right way to go down the slide: With arms crossed in front of the chest, passengers should jump out about two feet and land on their back-sides with feet slightly elevated.

Don't hit the slide with feet first! Shoes could get caught on the slide and send you tumbling down into hazardous debris. You also shouldn't jump too far out because it may catapult you off the slide onto the ground.

Once outside, passengers should move away from the aircraft and watch out for approaching emergency vehicles. Don't go back in the aircraft.

Water Landings

Passengers should prepare for an emergency water landing by putting on their life vests and assuming the proper bracing position as described on the safety information card. If life vests aren't available, passengers should take seat cushions as they exit the aircraft.

If it's not possible to enter the life raft directly from the aircraft, passengers should hold on to each other so that everyone stays together and helps each other survive.

Better Safe than Sorry

Even though great strides have been made over the last 30 years to make flying the safe, accidents can happen when people least expect them. You can't afford to forget the lessons learned from others' misfortunes.



Meet A Sailor...

AN MATTHEW HANDRICH

Job title/command:
NAS Jax Quarterdeck

Hometown: Clintonville, Wisc.

Family Life: Single

Past Duty Stations: USS John F. Kennedy

Career Plans: To get a degree in business management.

Most Interesting Experience: Doing a cruise on board USS John F. Kennedy.

Words of Wisdom: If you want something done right, do it yourself.



Meet A Civilian...

KEN MARTIN

Job title/command:
Junior Support IT Specialist

Hometown: Jacksonville

Family Life: Single and own my own home.

Past Duty Stations: None

Career Plans: To do the best I can in my new job.

Most Interesting Experience: Buying my house while unemployed, based solely on my credit rating.

Words of Wisdom: No matter where you go, you'll always be right there.

ON THE HOMEFRONT

It’s just another fun military family uprooting

By Sarah Smiley
Special Contributor

Last month, the Navy moved us from Jacksonville to Pensacola, Fla. To prepare my 3-year old son, Ford, I told him it would be like Christmas: movers will come, pack all our things in boxes, load them on a truck, and when we open them in Pensacola, each box would be a surprise, like a present.

Ford was totally onboard with the idea at the mention of "presents."

So off we went, and six hours, three Happy Meals and one speeding ticket later, the Smiley Gang arrived in Pensacola.

Standing on the driveway of our newly constructed

home, I was reminded of Chevy Chase running to the gates of Wally World in National Lampoon's Vacation.

"A mailbox was supposed to come with the house, wasn't it?" I asked my husband.

"That red front door looked a lot less red on the paint swatch at Home Depot," my husband replied. "Where are the presents?" Ford yelled.

But before the movers would come to deliver our "presents" we had two days of camping on the living room floor (which always sounds like fun until you're actually rolling out the sleeping bags and longing for a mattress and fluffy pillows).

I spent the next 48 hours feverishly painting walls and scrubbing toilets (my response to stress), and ultimately trying to avoid my son when he'd ask, "Where are my Legos?" or "I want my bed."

Despite the emotional meltdown I felt bubbling beneath the surface of my subconscious, I was doing an excellent job feigning excitement and stability for my family.

And then the movers arrived, followed by the electrician (to fix our faulty light switches) and the plumber (to unclog our backed-up pipes). Before I knew it there were boxes piled to the ceiling, and not one of them appeared to be

labeled "Ford's Legos," "Ford's bed," or "Presents."

Somehow I still managed to keep it together, even when I found my silverware packed in a box with lawn equipment and my linens packed with shoes.

But when Ford dumped bubble bath on the living room carpet, the dam broke loose. With the electrician, plumber and movers all watching, I ran to the bathroom, sat on the floor and cried for an hour.

"It's OK, mom," Ford said as he patted my head, "the movers have presents for us."

It took a few days, but eventually I was able to sort through the maze of boxes and clean up all the soap on

the carpet. As many times as I've moved with the military, you'd think I'd finally learn, but with each new set of orders I'm always optimistic that everything will go smoothly and that sleeping on the floor will be fun. Maybe next time I will remember that moving involves a lot more surprises than the "presents".

But for now I'm just trying to figure out how to tell Ford that the real Christmas is a few months away...without making him nervous about another move!

Correction

In last week's Physical and Occupational Therapy feature, a photo caption about a patient performing "wood chops" on the Fitness Source's cables machine was in error.

The caption stated Physical Therapist Tonya Sauls was instructing him to keep his knees in front of his toes during the exercise.

In fact, to avoid putting stress on the knees, possibly resulting in injury, Sauls was instructing him to keep his knees behind his toes.

HEY, MONEYMAN!

Hey, MoneyMan!:

I keep hearing about mutual funds but it seems that everyone I talk with has a different idea on the ones to buy. They talk about costs, fees and loads and I am confused.

Where can I go to get good reliable information on whether or not I should buy mutual funds and which ones to buy?

MoneyMan Sez:

It is confusing! Now that the stock market seems to be recovering, more folks are discussing investments.

For the long-term investor, mutual funds are usually a good way to go, but not all funds are created equally.

In his book *Straight Talk on Investing*, Jack Brennan makes the following observation: "cost matters!" He noted that researchers examined 10 characteristics of mutual funds to see if they could predict future performance.

Some of these items were Morningstar ratings, expenses, turnover, manager

tenure, net sales, risks and volatility. They found that "expense ratios are the only factor that can be reliably linked to the future performance of mutual funds." He also offered three cost-reduction tips:

- Avoid sales charges or "loads."
- Choose low-cost funds.
- Be aware of transaction costs paid by the fund.

The more frequently a fund buys or sells securities, the higher its transaction costs are likely to be.

Totally confused? Talk to the pros. Stop by your credit union or bank or contact any number of national mutual fund companies and ask them to explain their investment plans and funds.

Be sure to ask about performance, loads, fees and total cost. An informed investor normally does better over time than one who does little research or comparative shopping.

More questions? Call Hey, MoneyMan! at 778-0353.



Sunday Services

You are invited to the following Base Chapel Worship Services this Saturday and Sunday:

Saturday - 5 p.m. - Catholic Mass

Sunday - 8:30 a.m. - Holy Eucharist Episcopal

9:30 a.m. - Catholic Mass

11 a.m. - Protestant Worship

6:30 p.m. - Contemporary Service

"The Leading Edge," Hangar 749 at the Base Chapel Center.

Children's Sunday Class - Protestant Sunday School program is at 9:45-10:45 a.m., and Catholic CCD is 10:45 a.m.-12:15 p.m.

Jax Air News

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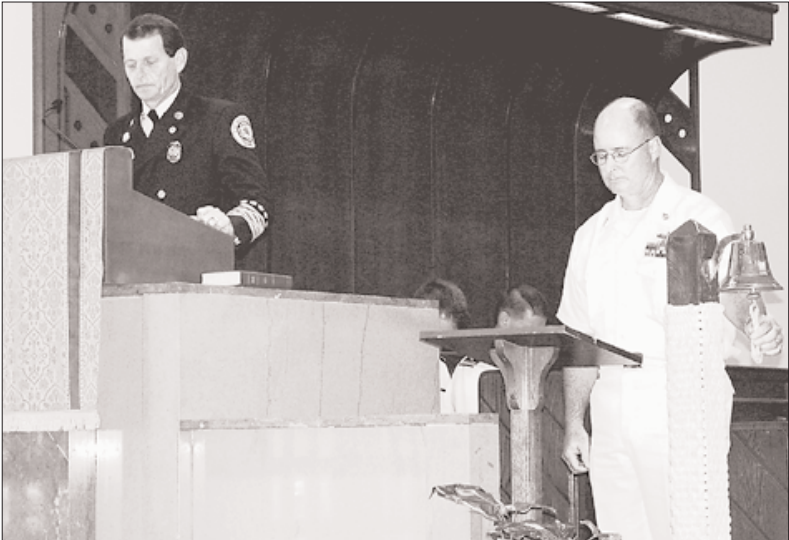
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Remembering the events of Sept. 11, 2001



Military members, civilian employees, family members and friends from NAS Jacksonville join together to sing a hymn during the 9-11 Memorial Service at the All Saints Chapel last week.



NAS Jacksonville Fire Chief Paul Stewart offers a prayer to remember those who lost their lives on Sept. 11, 2001 as RPCS Victor Koon rings the bell during a two-bell ceremony.

Photos by
Kaylee
LaRocque



Lt. Mylon Pope, a chaplain at the NAS Jax Chapel gives a riveting memorial message during the service.



Members of the NAS Jacksonville Fire Department bow their heads in prayer during the 9-11 Memorial Service.



The Navy Band Southeast led by Lt. Rick Bailey participated in a 9-11 Remembrance Ceremony last Thursday evening at the Seawalk Pavilion in Jacksonville Beach. Also participating in the event was the Jacksonville Harmony Chorus.

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HS-75 takes part in Odin-One

By Lt. Cmdr. Michael Fox
HS-75 PAO

The often-quiet port of Stavanger, Norway, came alive recently as several reserve and active anti-submarine forces joined together to undertake a simulated wartime exercise in the cold waters of the North Sea.

For those of you that have studied mythology, you might recall the name Odin. Odin was known as the leader of the Norse gods during war. Odin often carried a spear that symbolized strength among warriors. Recently the "Emerald Knights" of HS-75 grasped the spirit of the Norse god Odin and hunted allied and NATO submarines in the cold waters of the North Sea, during exercise Odin-One.

"Rivalry was alive the moment we stepped off the C-5," commented Lt. Cmdr. Todd Allerton, HS-75's Det officer-in-charge. "A Norwegian briefer joked that 'the Yanks won't even hear a whisper' from their infamous ULA class submarine." Those were the last words spoken, after which HS-75 logged nearly 50 hours of sub contact time in three days, and countless simulated kills.

Air Readiness Effectiveness Measuring Program of VX-1 and COMSUBRON Twelve were tasked by COMSIXTHFLT to conduct the exercise and they ran the evolution 24/7. Norwegian participation included the diesel ULA class submarine Utstein as an opposing force, and surface vessels HNOMS Narvik, Bergen, Trondom. The other opposing sub was the stealthy nuclear-powered USS Seawolf (SSN-21). Things started quietly as P-3s from VP-62, VX-1, and VP-10 worked to gain initial contact, but the tempo quickly picked up when a pair of HS-75's dippers



HS-75 hovers after foggy detection of a submarine during the exercise.
Photo courtesy of HS-75

arrived on scene.

"Anti-submarine warfare is an art, and hopefully not a lost one, because any sub, no matter how old, can create havoc when nobody's looking for it, and that obviously presents a threat to the battle group. As a Reserve anti-submarine squadron, and the fleet's repository of ASW expertise, we consistently train towards that mission. And I think it's pretty clear we've shown how effective that training can be," said AW1 (AW/NAC) Curtis Defense.

"When you're operating in the North Sea, hunting hostile subs around the clock, you can really imagine that you're at war; then after you gain contact, followed by a "kill", you take tremendous pride in your training," he added.

Throughout the exercise, the P-3's would initiate the hunt, but sonobuoys are no match for dipping sonar. Once contact was made, it was "game over" for the submarines.

"Our helos coordinated with the P-3's and surface ships during the search phases, but once contact was gained, we were typi-



Photo by Lt. Cmdr. Mike Fox
Some HS-75 crewmembers oversee the loading of a H-60 into C-5 after completing a detachment in Norway.

cally the only ones able to track, and we kept that going 'til our off-station time" said Lt. Cmdr. John Harris, assistant operations officer for the exercise.

"This was a rare opportunity to participate in the largest anti-submarine joint exercise in command history, and we'll reap tremendous ASW benefits down the road," added Cmdr. Zack Taylor, HS-75 executive officer. "ASW training and proficiency were the keys to our success, and we were glad to

participate, as fleet counterparts are all very busy elsewhere.

Odin-One represents the strong allied bond between the U.S. and Norway. Every event was debriefed, the data was downloaded, and lessons learned were gathered from each sortie.

In the end, the simulated war concluded between friendly and enemy forces. Although the exercise was



Photo by AW1 Cliff Dillard
HS-75 flies through the Norwegian fjords.



Photo by AW2 Shawn Decota
HS-75 takes a dip as a P-3 from VP-62 flies in the background.



Photo by Lt. Cmdr. Mike Fox
AO1 Jason Mack of HS-75 prepares sonobuoy pallets for a C-5 pickup.

complete, the thoughts of the Norse god Odin still danced in the heads of the Emerald Knights as they departed those chilly waters, knowing what the Odin warrior spirit felt like after a successful battle.

HS-75 is comprised of

fleet-experienced pilots and aircrew that average 2,700 flight hours each. HS-75 always has billets open for motivated pilots, Sailors and aircrew who make the decision to leave active duty, but still want to accelerate their life.

Family housing fire safety review and briefing set

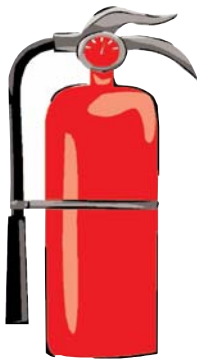
From the NAS Jax
Fire Department

The annual military family housing and mobile home park fire safety review and briefing for residents living on board NAS Jax will be offered by NAS Jax Fire Department personnel throughout the month.

If a resident is not at home when fire department representatives stop by, a call back slip will be left on the door. Residents can call 542-2783/3928 or 542-2451, Ext.10 to have a fire safety review and briefing sched-

uled. Fire department personnel will be in uniform and conduct the review and briefing only in the presence of an adult.

The intent of the annual home fire safety review and briefing is to help ensure maximum safety of all housing residents through normal good housekeeping practices and to inform residents of actions to be taken should a fire or other emergency occur in the home. Home smoke and carbon monoxide detectors will also be tested to ensure proper operation.



Hunters course being offered here

There will be a Florida Fish and Wildlife Conservation Commission Hunter Safety class held aboard NAS Jax in Building 610 on Sept. 23, 26, from 5:30 – 8:30 p.m. This class is required to gain access to nearly 6,000 acres of prime North Florida wildlife habitat. The

class is free and meets hunter safety requirements for all 50 states and the entire North American continent.

It will include the required orientation from the base game warden to purchase your base hunting permit. To register, contact ADC Starkey at 542-3451.



Carrying the President of the United States, George W. Bush, Air Force One, a VC-25A aircraft consisting of two specially configured Boeing 747-200Bs, elegantly landed at NAS Jax Sept. 9.

NAS Jax welcomes President George W. Bush

President Bush waves at the crowd upon arriving at NAS Jacksonville Sept. 9. Immediately upon exiting Air Force One, the president, joined by other dignitaries, departed in the presidential limousine for a Republican Party fund-raising event at Alltel Stadium in downtown Jacksonville, followed by a visit to Hyde Park Elementary School on the Westside. On hand to greet the president were Governor Jeb Bush, Jacksonville Mayor John Peyton; Sheriff Neil Perry, St. Johns County; Susan VanHoek, Co-Chair, Bush-Cheney 2000, St. Johns County; Marilyn Evans-Jones, Co-Chair, Bush-Cheney 2000, Nassau County; Daron Sharps, Member, Teen Trendsetter Club; Vivian Freas, Co-Chair, Bush-Cheney 2000, Clay County; NAS Jacksonville Commanding Officer Capt. Mark S. Boensel; Daniel Trifiletti, The Freedom Corps Greeter; and Tom Petway, Florida Campaign Finance Chairman.



Photo by Beverly Taylor-Mack

Capt. Ed Naranjo, commanding officer of FISC Jax, (left) welcomes Rear Adm. William Kowba, commander, Fleet and Industrial Supply Centers, on FISC Jax's newly-renovated ceremonial quarterdeck.

COMFISCs visits FISC Jacksonville

By Beverly Taylor-Mack
FISC Jacksonville PAO

Rear Adm. William Kowba, commander, Fleet and Industrial Supply Centers (COM-FISCs) in San Diego, visited FISC Jacksonville Sept. 8-9.

The purpose of his two-day visit was to see firsthand the logistics support that FISC Jax provides to customers in order to develop common policies and practices across all Navy regions.

Capt. Ed Naranjo, FISC Jacksonville commanding officer, devised a three-point strategy to effectively illustrate the comprehensive quality and depth of FISC Jax operations both locally and across the Southeast Region. The first point was an introduction of FISC Jax with an emphasis on how we're different, what challenges we face, and the successes we've achieved. Point num-

ber two was an overview of Commander, Navy Region Southeast and the integration of logistics functions throughout a complex matrix organization. The third point was a progress report on the Virtual System Commands initiative that utilizes partnership agreements to streamline activities, achieve efficiencies, and to improve interoperability.

FISC Jax department heads rendered presentations and discussions that left a favorable impression with the Commander, FISCs. Site visits to the Mayport Logistics Support Center, Material Processing Center, Hazardous Materials Center, and the Northside Fuel Depot reinforced the value of logistics support FISC Jacksonville provides to its customers. In parting, Kowba stated, "FISC Jax is clearly very busy and doing great things for the systems command."

'Maulers' commanding officer passes torch

By Lt. Tim Watkins
VS-32 Public Affairs Officer

On Sept. 5, while under way aboard USS Enterprise (CVN 65), Cmdr. Ted Fink relieved Cmdr. Evan Piritz as commanding officer of the VS-32 "Maulers".

Fink, a native of Westerly, R.I. graduated from the University of Rhode Island in 1985 with a Bachelor of Science in Pharmacy and was commissioned an ensign through the Aviation Officer Candidate program in September 1985.

After completing primary flight training in Pensacola, Fink earned his wings with VT-25 at NAS Beeverly, Texas in May 1987.

Selected to fly the S-3A Viking, Fink completed FRS training with VS-41 at NAS North Island, Calif. in August 1988. He reported to VS-28 at NAS Cecil Field, where he completed two Mediterranean deployments with CAG-6 on board USS Forrestal (CV 59).

In September 1991, Fink was assigned to VS-27 at NAS Cecil Field as a fleet replacement squadron instructor.

From October 1994 through October 1996, Fink was assigned to Air Wing 17 completing an Arabian Gulf deployment in support of Operation Southern Watch on board USS Enterprise (CVN 65).

In November 1996, Fink reported to VS-32 for his department head tour. Serving as tactics officer and operations officer, he completed an Arabian Gulf deployment in support of Operation Southern Watch on board USS George Washington (CVN 73).

From January 1998 until December 2001, Fink was assigned to the Joint Interagency Task Force East (JIATFE) in Key West. While assigned to JIATFE, he was selected for operational command and slated to the "Maulers" as executive officer.

Fink has accumulated more than 3,000 flight hours and 550 carrier arrestments.

Piritz commanded VS-32 during Orange Air Operations out of Puerto Rico in support of the USS Harry S. Truman (CVN 75) Battle Group, during a deck certification for USS Theodore



Cmdr. Evan Piritz



Cmdr. Ted Fink

Roosevelt (CVN 71), and during the squadron's most recent at-sea period aboard USS Enterprise for Tailored Ship's Training Availability (TSTA) I/II.

In recent months, Piritz guided the squadron through most of the Inter-Deployment Training Cycle in preparation for an upcoming deployment aboard USS Enterprise.

On May 6, during the last week of the CVW-1's NAS Fallon, Nev. weapons detachment, the Maulers conducted a historic launch

of a Standoff Land Attack Missile - Expanded Response (SLAM-ER).

The flight marked the first time a fleet S-3B Viking aircraft controlled a SLAM-ER to impact.

The flight marked the first time a fleet S-3B Viking aircraft controlled a SLAM-ER to impact. It was also the first use of the SLAM-ER in a Time Sensitive Strike role. The mission was a complete success and resulted in a direct hit.

Piritz's next assignment

will be as the assistant air operations officer on USS Nimitz (CVN 68).

The Maulers' new executive officer is Cmdr. Kelly Henderson. His previous assignment was at Headquarters North American Aerospace Defense Command and United States Space Command.



On Sept. 2, Bingo Manager Rodney Brunson, ROICC Lt. Cmdr. Ron Nunes, NAS Jacksonville Commanding Officer Capt. Mark Boensel, Assistant ROICC Lt. Nathan Conner and Commanding Officer Public Works Center Jacksonville Capt. K.C. Khan cut the ceremonial ribbon, ending construction of the newly renovated Bingo Hall. The project took approximately one month to complete and Bingo resumed last Thursday.

Photo by JO2(SCW) Eric Clay



Bruce Spannagel checks Ruth Bryant's cards after she won a Bingo game.



Cindy Thomas serves a customer some food at the Bingo Palace before the games begin.



Emily Enzminger and Terry Simmons hand out Bingo cards to patrons before the lunchtime games last Wednesday.

Bingo Palace reopens after extreme renovation

By Kaylee LaRocque
Staff Writer

After being closed for about a month and a half for a nearly \$200,000 renovation, the Bingo Palace, located in The Zone complex, has reopened and now actually lives up to its name.

"We've made some major improvements here. It used to be a dark and dingy place, we've added a new lighting system, painted the walls, installed new carpet, added new counters and new furniture. It is so much brighter and a much nicer place. It's really living up to its name now," said Bingo Program Manager Rodney Brunson, excitedly.

The "new" facility also now bans smoking, which contributed to the dingy walls in the past.

"We build a new outside covered deck with ceiling fans and have added two additional five-minute breaks for our patrons. We assumed we'd lose a lot of business when this new policy went into effect, but that hasn't been the case at all. We still average about 250-325 people during our night Bingo sessions. Lunchtime sessions bring less people, but that's normal. Many are active-duty members who come here to enjoy lunch and to hopefully increase their financial income," added Brunson.

The Bingo Palace also features a snack bar where patrons can order their meal and pick it up when their number is called in between games.

"I've been playing here for about six years usually during my lunch hour. I really love playing. Once you learn how, it's really enjoyable. The facility is really beautiful now. The lighting is much better and I think it is set up to accommodate more players now. In the past, when there was a big jackpot, people were turned away because there wasn't enough room," stated ITC(SW/AW) Tracy Williams of Naval Hospital Jacksonville.

"The new facility is wonderful. It looks so much nicer and brighter and it seems cooler in here. They've put in new carpet and tables and chairs," concurred Luigi Rinaldi, a retired Navy member who plays every day at lunch and several evenings during the week.

Bingo sessions are ongoing every day Monday through Friday from 11:30 a.m. to 1 p.m. and Sunday, Monday, Tuesday and Thursday evenings from 6:30-10 p.m. All play-



ITC(SW/AW) Tracy Williams of Naval Hospital Jacksonville spends many of her lunch hours playing Bingo.



The newly renovated Bingo Palace features many new upgrades.

ers must be 18 years old except on Sunday when youths 13 and up can play with a sponsor. Players must have an appropriate base I.D. card or be signed in by a sponsor. Sponsors are allowed two guests.

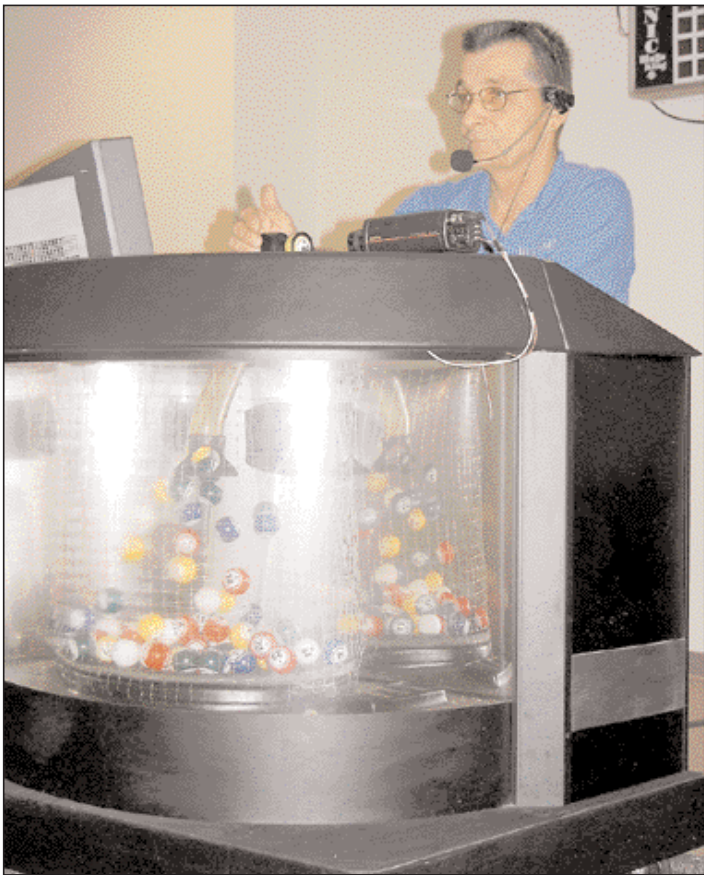
"We want everyone to know that we are back open. If you want a chance to increase your financial situation for a small price, come on in. We really enjoy giving the money away," said Brunson.



BINGO IS BACK



Patrons enjoy lunch at Yesterday's Cafe. The cafe features a wide variety of fast-food items.



Terry Simmons calls out the Bingo numbers during lunchtime Bingo.



Alice Martin serves some patrons lunch at the Fouled Anchor CPO Club located within The Zone Complex.

Photos by Kaylee LaRocque

BINGO: Several restaurants included in renovation

From Page 8

Also located in the complex are several restaurants. Yesterday's Café features a wide variety of fast-food items. The café, decorated in a '50s theme is open for lunch from 11 a.m. to 2 p.m. Monday through Friday.

The Budweiser Brewhouse is a full-service restaurant and sports bar. It is open every day from 11 a.m. to 10 p.m. except on Monday's when it stays open later to accommodate Monday night football fans.

"We also feature a DJ and karaoke every Wednesday night starting at 7 p.m. On occasion we will also feature live bands in our parking lot here," said Donna Hogan, assistant food and beverages manager for the complex.

"All the restaurants here including Yesterday's Café, the Brewhouse, CPO Club and the Bingo Hall work off a central kitchen that prepares all the meals.

We also offer a full menu delivery service with a \$4 minimum purchase on base. We also have two private banquet rooms here and can handle any kind of function including weddings, retirements and conferences," she added.

The Fouled Anchor CPO Club also underwent a major renovation last year. Some of the upgrades included new carpet, furniture, bar and new audio and visual equipment. The 1st Lieutenant's Division, MWR Maintenance Department and numerous chiefs who donated their skills and time project handled the project, which cost about \$100,000, as a self-help project and saved the Navy thousands of dollars.

The Fouled Anchor CPO Club is open Monday through Friday from 11 a.m. to 8 p.m. and Saturday and Sunday from 11 a.m. to 5:30 p.m.

For more information on any of these establishments, call 542-3521.



Yesterday's Cafe is located in The Zone complex.



The Budweiser Brew House offers a relaxed atmosphere, a large menu and beverage specials. The sports bar has several televisions to bring sports fans all the latest sporting events.

Clinch to retire from NMCB-14

From NMCB-14

C MCM(SCW) Marc Clinch will retire Saturday at 10 a.m. after 22 years of naval service at Naval Mobile Construction Battalion (NMCB) 14 Headquarters located on the corner of Ballard and Enterprise Streets. The guest speaker will be Capt. (Sel.) John Prien, NMCB-14 commanding officer.

A native of Berlin, N.H., Clinch joined the Navy in 1981. After completing recruit training at Recruit Training Center, Great Lakes, Ill. and Steelworker "A"

School in Gulfport, Miss., he was assigned to NMCB-133 where he completed deployments to Greece, Cuba, Japan, and Spain. After leaving active duty in 1986, Clinch enlisted in the U.S. Naval Reserve and was assigned to NMCB-27, Seabee Detachment 0127, Manchester, N.H.

After completing college in 1990, Clinch relocated to Florida and affiliated with NMCB-14, where he has served as assistant officer-in-charge, safety, plans, quality control, material liaison, training, operations chief. He also served as damage assessment

chief during a recall for Hurricane Andrew Relief. He currently serves as the battalion's command master chief.

Clinch holds an Associates of Science in Building Construction and a Bachelors of Science in Business Management. He is a licensed commercial combination inspector and licensed general contractor in Florida, and holds numerous construction and engineering certifications.

In his civilian occupation, Clinch is the president and owner of Clinch Incorporated; a Florida corporation which provides pro-

fessional construction management and owner representative services. He is a member of the Navy Seabee Veterans of America, the Society of American Military Engineers, and the Southern Building Code Congress International.

Clinch is a graduate of the U.S. Naval Reserve Senior Enlisted Academy and is Seabee Combat Warfare qualified.

He is married to the former Pamela Churchill of Johnstown, N.Y. They have two children, Jena and Kensey. They will continue to reside in Jacksonville.



CMCM(SCW) Marc Clinch

Brandes retires from FASO

From FASO

A W1 Terrell Brandes retired from Fleet Aviation Specialized Training Group Atlantic Fleet Detachment Jacksonville (FASO Det Jax) Sept. 19 at Manatee Point.

Brandes entered the Navy Aug. 17, 1983, and shipped off to recruit training at Great Lakes, Ill. After graduating, he transferred to Pensacola, Fla. for Naval Aircrewman Candidate School with follow on orders to NATTC Millington, Tenn. for AW "A" school. When he graduated in March 1984, he headed to NAS Jacksonville to begin the FRS and SAR schools. His first tour was with HS-5 where he was designated antisubmarine warfare (ASW) 1st crewman, plane captain, and qualified as an enlisted aviation warfare specialist. He attained his first rescue, and was promoted to second class petty officer.

In August 1987, Brandes reported to NATTC Millington, as an "A" School instructor. Brandes was then transferred back to HS-5 in March 1993, where he was promoted to first class petty officer. While there, he received a letter of commendation from Seal Team Eight for averting a fatal

mishap while conducting a night helicopter seal extraction.

Brandes' next tour was at COMHSWINGLANT, NAS Jacksonville as the aircrew training leading petty officer. He was also chosen as the HSWINGLANT Shore Sailor of the Year (SOY) for 1995 and COMHSWINGLANT Shore SOY.

In August 1997, he transferred to HS-3, where he served as the Aircrew, Operations, and Training Department leading petty officer. He was also selected as the 2000 HS-3 Aircrewman of the Year. In April 2001, he transferred to FASO Det Jax as an acoustics instructor. Selected as the ASW Division leading petty officer and qualified in nine Acoustic courses taught at FASOTRAGRULANT. He was also a Navy Rights and Responsibilities facilitator, a member of the Command Assessment Team, and the ASW Division Terminal Area security officer.

Brandes has earned two associate degrees and a Bachelor of Science in Computer Information Systems. He was selected as FASOTRAGRULANT's Sailor of the Quarter for Third Quarter 2002.

Brandes is currently pursuing a master's degree in Business Administration through Webster University.

Improvements begin on U.S. 17; expect delays

From the Florida Department of Transportation

C onstruction began on Monday to improve 4.2 miles of U.S. 17 in Jacksonville and Orange Park.

The work is being done from north of Interstate 295 to the Yorktown Gate at NAS Jacksonville and from McIntosh Avenue to south of Interstate 295.

The construction bid on the job is \$5,950,000. The contract allows 250 days to do the work plus additional time for weather delays and unforeseen construction circumstances.

In the area from north of Interstate 295 and the Yorktown Gate, the improvements will involve milling and resurfacing, drainage and ditch improvements and upgrading existing traffic signals at McIntosh and Loring Avenues.

Fiber optic traffic signal improvements that began at U.S. 17 and McDuff Avenue will be extended into Clay County. This fiber optic system will be interconnected with traffic signals to improve the traffic flow along U.S. 17.

systems and related ditches.

Other improvements in that same area include building handicapped access ramps, reconstructing driveways, replacing and upgrading traffic signals at Wells Road and Old Orange Park Road and lengthening the entrance ramp from U.S. 17 northbound to Interstate 295 in both directions.

Between McIntosh Avenue and the Orange Park Kennel Club, the work will include milling and resurfacing, building and reconstructing handicapped access ramps and driveways, drainage improvements and upgrading existing traffic signals at McIntosh and Loring Avenues.

Fiber optic traffic signal improvements that began at U.S. 17 and McDuff Avenue will be extended into Clay County. This fiber optic system will be interconnected with traffic signals to improve the traffic flow along U.S. 17.

Lane closings will occur during non-rush hours. In the Clay County portion of the job, single northbound lane closings can be allowed from 10 a.m. to 9:30 p.m., and two northbound lanes in a three-lane section can be closed from 9:30 p.m. to 5 a.m.

Operations requiring single southbound lane closings can occur from 7:30 p.m. to 1:30 p.m., and two lanes in a three-lane section can be closed from 9:30 p.m. until 5 a.m.

From north of Interstate 295 to the NAS Yorktown Gate, single northbound lane closings will be allowed from 10 a.m. to 5:30 a.m., and two lanes in a three-lane section may be closed from 8 p.m. to 5 a.m.

One southbound lane can be closed from 7 p.m. to 1:30 p.m., and two lanes in a three-lane section can be closed from 8 p.m. to 5 a.m.

These nightly closings will occur for the next three weeks.

Seabees ‘Can Do’ it again




Photo by JO2(SCW) Eric Clay

As crewmembers look on, BU1(SCW) Manuel Baca, Lt. j.g(SCW) Aaron Chetelat and NAS Jacksonville Commanding Officer Capt. Mark S. Boensel cut the ceremonial ribbon marking the completion of the handicapped ramp at the rear entrance of the Branch Medical Clinic aboard the base last week.

Get your pets fixed for free

SpayJax offers free spaying and neutering of pets and free rabies shots for people residing in Duval County.

To qualify, you must be enrolled in one of the following: Food Stamps, Medicaid, Section 8 Government Housing, AFCD, SSI, TANF, WIC or meet income guidelines.

For more information, call 425-0005.

Retiree seminar offers info



Photo by JO2(SCW) Eric Clay
Members of the Naval Hospital Jacksonville Wellness Center inform retirees on nutrition, exercise and the dangers of alcohol and tobacco products during a retiree seminar sponsored by the Fleet and Family Service Center Retired Activity Office last Saturday at the NAS Jax River Cove Officer's Club.



Photos by JO2(SCW) Eric Clay
A group of babies hit the mat during the crawling event. They began at one end of the mat, and crawled to the other end into the arms of an awaiting loved one as hundreds of people cheered them on.

On your mark, get set, go!

Young athletes compete at Navy Exchange event

By Marcella Mack
NAS Jax Navy Exchange

On behalf of the Navy Exchange aboard NAS Jacksonville, we would like to thank all of our participants and their parents for Saturday's support of our first Baby Olympics. Even though most of the children, after the first leg of the events, thought it better to take a nap, a good time was had by all.

The winners in the six-to-11-month Crawl-off category were: Jailin Johnson who placed first, S a m a n t h a Edenfield in second, and Anaya Vaughn taking third. In the Shot Put event, first place went to Marvin Young, second place to Kaylie Crews and third place to Kelly Alford. The winners in the 12-18-month Walk-



A group of babies warm up for the Baby Olympics held last Saturday outside the NAS Jacksonville Navy Exchange Food Court. The babies participated in several events including walking, shot put, and crawling competition.

off category were Christopher Stammers coming in first, Reeyana Miles taking second, and Arianna Cunanan in third. Due to naptime, we had no participants in the 12-18-month Shot Put category. In the 19-24-month Walk-off category, the winners were Dakota Nelms coming in first, followed by Ariel Meece in second and Joey Fredrick in third. In the Shot Put event, the winners were, Mikaila Myers placing first, Joey Fredrick taking second and Dakota Nelms in third. Although, some of the kids went home as winners, all showed exceptional talent and skill for such a young age. The staff of the Navy Exchange, hopes that this first Baby Olympics will continue to show support within our Navy community.



Ten-month-old Aidan Ortiz throws the shot put during the Baby Olympics last Saturday at the NEX.

The winners in the 12-18-month Walk-

Capt. Ed Naranjo, FISC Jax commanding officer, and Vickie Cronin, volunteer coordinator for Timucuan Elementary School, sign 2003-2004 partnership agreement as FISC Jax volunteers line up to sign up. From left, Carol Foulk, Laverne Clark, Beverly Taylor-Mack, Rolondo Turner, Ryan Mullins, Linda Nelson. Behind, Maggie Moczynski and Virginia Morgan.



Photo courtesy of FISC

FISC Jacksonville renews Adopt-a-School partnership with Timucuan Elementary

By Beverly Taylor-Mack
FISC Jacksonville PAO

On Sept. 4, Capt. Ed Naranjo, commanding officer FISC Jacksonville, demonstrated his commitment to helping children succeed by renewing a partnership agreement with Timucuan Elementary School under the voluntary Adopt-a-School Program.

Vickie Cronin, the school's volunteer coordinator, conducted an information session for interested FISC employees before joining Naranjo to sign the 2003-

2004 agreement. Eight employees joined in that commitment by signing up to share their time and talent. Some were signing up for the first time while others were returning to the program for another school year of service.

There are many areas, both in and out of the classroom, that volunteers can choose from. Tutoring, storytelling/reading, assisting in the office or clinic, typing, duplicating, vision screening, chaperoning field trips, participating in science fairs, and performing "at

home" projects are some of the many opportunities available to volunteers.

By partnering, FISC Jacksonville and Timucuan Elementary School have pledged to improve the education, citizenship, health and fitness, environmental awareness, drug demand reduction, and humanitarian commitment of our nation's youth. Naranjo applauds the partnership by saying, "It's a win-win situation that is good for the kids, the school, the community, and FISC Jacksonville."

Free tickets offered to deployed Sailors and their families

From the HS Wing Command Master Chief

The "Sailors Aweigh" program gives free tickets to upcoming Jaguars games to the families of deployed/deployable Sailors with priority given to deployed Sailors' families first and it includes transportation, and a free T-shirt.

Your children can go with or without you, as chaperones will be

provided, or you can go with them and be a chaperone. Each chaperone will watch three to five children.

"Sailor Aweigh" participants will be picked up at the NAS Jax Commissary parking lot. The bus will depart two hours before game time. Once at Alltel Stadium, participants will be expedited to their seating area.

The "Sailors Aweigh" T-shirts are provided and must be worn

throughout the game. After the game, the bus will take the group back to the base for pickup.

Before departing, each participant recites a pledge to "abstain from using drugs, alcohol, or tobacco". The seats are part of the honor rows and are in a great environment.

Deployed Sailors' families will have priority, but if your Sailor is on sea duty, you may be put on a waiting list to fill the balance of

the seats not filled by the "on deployment" Sailors' families by Wednesday of the week before the game day. Your status will be confirmed prior to being placed on the actual "going to game" list.

The ages are from 6-17. If you want all of your squadron families to go on a certain day, we may be able to arrange it depending on availability and lead-time. But hurry, it's first come first served, and we only have 40 tickets avail-

able.

The available games are:
Oct. 5 - San Diego
Oct. 12 - Miami
Oct. 26 - Tennessee
Nov. 9 - Indianapolis
Dec. 7 - Houston
Dec. 21 - New Orleans

For information, email vanmidlesworthmh@chswl.navy.mil, or call 542-5273.

Chaplain airborne



Photo courtesy of the Chapel

Chaplain Kurt Michaelis (center) and the pilots and support crew of VS-24 prior to a flight with the squadron. Michaelis has been spending many hours with the different squadrons here to learn about the many jobs the Sailors do and to provide deckplate ministry services.

History of the POW/MIA flag

From the Internet

In 1971, Mrs. Michael Hoff, an MIA wife and member of the National League of Families, recognized the need for a symbol of our POW/MIAs. Prompted by an article in *The Florida Times-Union*, Hoff contacted Norman Rivkees, vice president of Annin & Company which had made a banner for the newest member of the United Nations, the People's Republic of China, as a part of their policy to provide flags to all United Nations members states. Hoff found Rivkees very sympathetic to the POW/MIA issue, and he, along with Annin's advertising agency, designed a flag to represent our missing men. Following League approval, the flags were manufactured for distribution. On March 9, 1989, an official League flag, which flew over the White House on 1988 National POW/MIA Recognition Day, was installed in the U.S. Capitol Rotunda as a result of legislation passed overwhelmingly during the 100th Congress. In a demonstration of bipartisan Congressional support, the leadership of both Houses hosted the installation ceremony. The league's POW/MIA flag is the only flag ever displayed in the U.S. Capitol Rotunda where it



will stand as a powerful symbol of national commitment to America's POW/MIAs until the fullest possible accounting has been achieved for U.S. personnel still missing and unaccounted for from the Vietnam War. On Aug. 10, 1990, the 101st Congress passed U.S. Public Law 101-355, which recognized the League's POW/MIA flag and designated it "as the symbol of our Nation's concern and commitment to resolving as fully as possible the fates of Americans still prisoner, missing and unaccounted for in Southeast Asia, thus ending the uncertainty for their families and the Nation". The importance of the League's POW/MIA flag lies in its continued visibility, a constant reminder of the plight of the POW/MIAs. Other than "Old Glory", the League's POW/MIA flag is the only flag ever to fly over the White House, having been

displayed in this place of honor on National POW/MIA Recognition Day since 1982. With passage of Section 1082 of the 1998 Defense Authorization Act during the first term of the 105th Congress, the League's POW/MIA flag will fly each year on Armed Forces Day, Memorial Day, Flag Day, Independence Day, National POW/MIA Recognition Day and Veterans Day on the grounds or in the public lobbies of major military installations as designated by the Secretary of the Defense, all federal national cemeteries, the national Korean War Veterans Memorial, the National Vietnam Veterans Memorial, the White House, the United States Postal Service post offices and at the official offices of the Secretaries of State, Defense and Veteran's Affairs, and Director of the Selective Service System.



Photo by JO2(SCW) Eric Clay
Roger (left) and Richard (right) stand next to their father and former POW, retired Chief Petty Officer Ed Creamer.

POW: Recognition event to feature former POW

From Page 1

Naval Hospital Seattle, Wash. until February 1946 and then reported NAS Seattle to resume his duties in the Navy. Creamer went on to retire from the U.S. Navy as a chief petty officer in 1960. His duty stations included NAS Moffett Field, Calif., NAS Norfolk, Va., Naval Auxiliary Air Station, Foley, Ala., NAS Jacksonville, NAS Cecil Field and Naval Station Mayport. Creamer wasn't the first in his family to become a POW; his father former Army Pvt. Forrest Creamer was also a POW, during World War I. Many of Creamer's other family members have and are currently serving in the Navy. His two sons Richard and Roger Creamer, are both retired Navy chiefs. Out of 10 of Creamer's grandchildren, four are Navy veterans and two grandsons-in-law are currently in the Navy. "My father is the biggest patriot I know. We went to every parade that our small hometown in Idaho had. He flies an American flag everyday with proper respect and I believe that if the Navy would let him, he would join up again," explained Roger. "I knew from the time that I was 10 years old my future was in the Navy without any doubt." Richard jokingly expressed, " When I got home from my high school graduation my bags were packed on the front porch. I also



Photo courtesy of Ed Creamer
Petty Officer Third Class Ed Creamer on June 7, 1943, when he was a prisoner of the Japanese during World War II. knew I wanted to join the Navy since I was young." Creamer is currently the historian for the local POW chapter, which he helped found. He will be the keynote speaker for the POW/MIA Recognition Observance aboard NAS Jacksonville tomorrow.

Hispanic Americans

Honoring our past, surpassing our present and leading our future

By Anixa DePalma
Special Contributor

In 1968, Congress authorized the President of the United States to issue an annual proclamation designating the week including Sept. 15-16 as "National Hispanic Heritage Week." In 1988, this resolution was amended to include a "31-day period beginning Sept. 15 and ending Oct. 15" turning it into "Hispanic Heritage Month." Sept. 15 marks the independence of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. Additionally, Mexico achieved its independence on Sept. 16, and Chile on Sept. 18. The term Hispanic, as defined by the U.S. Census Bureau, refers to Spanish-speaking people in the United States of any race. On the 2000 Census form, people of Spanish/Hispanic/Latino origin could identify themselves as Mexican, Puerto Rican, Cuban or "other." Over 35 million people identified themselves as Hispanic or Latino, representing 12.5 percent of the nation's total population. Throughout history, Hispanics have played an important roll in the shaping of the United States. Spanish settlements were founded in Florida and Georgia 50 years before the Pilgrims landed in Massachusetts, and were home-steading in New Mexico more than 150 years before the War of Independence. The Hispanic community has given this great Nation generals, admirals, diplomats, philosophers, political leaders, musicians, doctors, engineers, writers, lawyers, athletes, and Nobel Prize winning scientists and writers. Moreover, Hispanic-Americans have contributed heroically to the defense of our Nation. Forty Hispanics, starting with Private Joseph De Castro in 1864 and, so far, ending with Alfred Rascon, have received the Congressional Medal of Honor, the highest decoration that can be bestowed on an individual. Once a year, it is appropriate that we pause to recognize and celebrate our

Hispanic Heritage. Hispanics who have made a difference in our Nation include Dennis Chavez, who in 1935 became the first Hispanic elected to the Senate, and held that seat until his death. He also introduced the Fair Employment Practices Bill, important predecessor of the Civil Rights Act; Federico Pena, the first Hispanic mayor of Denver, Colo. and first Hispanic chosen to head the Department of Transportation, and later, first Hispanic to serve as U.S. Secretary of Energy under President Clinton; Dr. Hector Garcia Perez, founder of the American G.I. Forum and later becoming the first Hispanic to be awarded the U.S. Medal of Freedom in 1984 for his work on behalf of civil rights for Hispanics; Dr. Antonia Novello, first woman and first Hispanic appointed Surgeon General of the U.S. in 1990; Edward James Olmos, a community activist, producer, director, and Academy Award-winning actor and currently serves as executive director of a national gang prevention program funded by the U.S. Department of Justice, and a U.S. Goodwill Ambassador for UNICEF; Cuban-born Lorreta Janet Vasquez, the first Hispanic female spy who disguised herself as a Confederate soldier and served as Lt. Harry Buford. Without her husband's knowledge, Lorreta fought at the Battle of Bull Run; David Farragut, the son of a Spanish immigrant, was the first U.S. Navy admiral; Horacio Rivero, born in Ponce, Puerto Rico, was the second Hispanic four-star admiral in the Navy in recent time; Richard Cavazos, a native of Kingsville, Texas, was the first Hispanic four-star general in the U.S. Army; Astronauts Franklin Chang-Diaz and Ellen Ochoa. Chang-Diaz was born in Costa Rica and was the first Hispanic to enter the space program, becoming an astronaut in 1981. Ochoa was the first Hispanic female astronaut. Lt General Ricardo Sanchez of Rio Grande City, Texas, was promoted to be the top military post in Iraq by President George W. Bush in June 2003, and Edward Hidalgo, who emigrated to the U.S. as a child from Mexico and became the first Hispanic to serve as secretary of the Navy. These are just a few of hundreds of Hispanics who have set an example and have become the stepping-stones for future generations. Through personal sacrifice and commitment, they helped and continue to enrich our nation's diverse culture.

Hispanic Heritage Events

Sept. 27 – Hispanic Symposium, Florida Coastal School of Law.
For information, call Art Hernandez at 318-1181
Oct. 2, 11 a.m. - Hispanic Heritage Month Luncheon, NAS Jax River Cove Officer's Club. Cost is \$10. Call Silvia Kitt at 542-0649.
Oct. 18 – Hispanic Health Fair, Prime Osborne Convention Center.
Sponsored by the city of Jacksonville Hispanic-American Advisory Board.
For information, call Al Lopez at 630-1747.
Oct. 24 – Hispanic Recognition Luncheon – Adam's Mark Hotel.
Sponsored by the city of Jacksonville Hispanic-American Advisory Board.
For information, call Al Lopez at 630-1747.



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MMWR NOTES

Base gym closure

The base gym will be closed all day Saturday for maintenance on the main power supply.

The steam room in the men's locker room at the base gym is closed for extensive repair work. A completion date has not yet been identified.

Mulligan's happenings

Mulligan's is hosting a weekly karaoke contest running now through Oct. 17 with a karaoke sing-off Oct. 24. Judges will be on hand to vote on vocal ability, stage presence, and audience applause. There will be lots of prizes and give-aways. Sign-ups will be from 5-7 p.m. tomorrow only. Call 542-2436 for more details.

Escape the ordinary on an I.T.T. trip

Have some fun with I.T.T. - take a trip or treat yourself to a show! Stop by our office located adjacent to the NEX, and sign up for a great trip. Our trips are open to all hands, so bring a friend! For more information call the office at 542-3318.

Jaguars tickets for all games are now on sale at I.T.T. Tickets are \$47.90 for lower level seats. You can also sign up to ride the I.T.T. shuttle to all the home games. If you sign up for all the games the price is \$6 per game. A ride to a single game is \$8.

The following are upcoming I.T.T. trips:

Saturday - A day in Tallahassee. See Mission San Luis, the Capitol Building and Museum of History for only \$15.25, children 12 & under are \$13.25.

Sept. 27 - Okfefenokee Sunset. Don't miss this special sunset tour. Included is transportation, a guided boat tour of the swamp and a low country shrimp boil dinner. The cost is

\$52.75 per person. Oct. 15-19 - A fall colors extended getaway to the mountains. This trip includes Warm Springs, Ga. to see the former President Franklin D. Roosevelt's Little White House and Callaway Gardens. We're also going to the Bavarian village of Helen, Ga. for Oktoberfest, Asheville, N.C. to the Biltmore Estates and Chimney Rock Park. The cost is \$405 per person based on double occupancy for four nights, breakfasts and two dinners. The deadline to sign up is Sept. 12, and space is limited.

Tickets for " Night of Joy" at Disney on sale at I.T.T. for \$35.45 / one- night admission and \$56.60 / two-night admission. Call I.T.T. at 542-3318 for more information.

NAS Jax Golf Club happenings

The NAS Jax Golf Club & Mulligan's is now offering Ladies Day every Thursday through Sept. 30. Ladies can play all day at the golf course for \$10. The Mulligan's Ladies Social Hour runs from 4-7 p.m.

Outdoor pool hours

The outdoor pool is open Saturday and Sunday from 11 a.m. - 6 p.m. through the month of September.

Adult Fitness Swim Club

This is a coached program for novice to advanced swimmers wishing to improve their PRT time, swimming skills, and technique. The emphasis is on stroke mechanics. Interval training is introduced. Workouts are designed to improve technique and to develop both speed and endurance. Workouts are scheduled on Tuesdays and Thursdays from 4:30-5:30 p.m. at the indoor pool. The sessions are free for

active duty and reservist personnel. Retired military, DoD and dependents will be charged \$20 for eight workout sessions. **Bowling leagues now forming**

Join two of the newest fun bowling leagues going - the Disney Magic Bowling Club or the NFL Fall Football League. Both leagues start in October and include three games of bowling each week, shoe rental and two bonus passes each week. Leagues are 20 weeks at \$12 per person. Come on out and join today. Call 542-3493 or come by Freedom lanes for more details.

The Heritage Cottages

MWR's new Heritage Cottages are now open for only \$60 a night. These cottages make for a great vacation home away from home. They are fully furnished with plenty of space. Make your reservation now by calling 542-3138/3139.

Youth Activities Center happenings

Take advantage of the fun events at the Youth Activities Center. Monday evenings we have indoor soccer from 6:15-8:15 p.m.

Tae Kwon Do classes are available at NAS Jax Youth Gym and Yellow Water Youth Activities.

If you are interested in registering your child stop by either center or give us a call at 778-9772 (NAS Jax) or 777-8247 (Yellow Water)

Veterinary Treatment Facility

Due to vendor price increases, the Veterinary Treatment Facility (VTF) has been forced to increase prices. We still have the lowest prices around.

The NAS Jax VTF is located in Building 8 at the corner of

Ranger Street and Enterprise Avenue. The clinic is open Monday through Friday from 8 a.m. - 4 p.m. It is closed on legal holidays. Pets are seen by appointment only.

The VTF offers an evening clinic on the first Tuesday of every month from 5-7 p.m. There is also a walk-in clinic on the second Saturday of each month from 8 a.m. to noon for vaccinations only. For more information and to make appointments, call 542-3786.

Mulberry Cove Marina news

Are fuel prices emptying your wallet? Take advantage of free gas this summer when you rent a 40-hp pontoon boat, whaler, bass boat, 10-hp stump knocker, or Yamaha jet skis.

The NAS Jax Yacht Club offers sailing classes. Now that the weather is warm, and the breezes are strong would be a great time to learn this renowned boating activity. After you've completed your class, the marina has sailboats for rent.

The marina offers free kayak and canoe rentals for active duty Sailors on Thursdays. It's a great way to get acquainted with some of the equipment on hand and have some fun too. For more information on marina events, call 542-3260.

Auto Skills Center

Visit the Auto Skills Center for your professional or hobby car care needs. The center offers an array of services for the

novice or professional auto enthusiast. There is an ASE qualified mechanic on hand to assist with questions and tips on servicing your vehicle. The center is open Monday, Thursday and Friday from noon to 8 p.m., Saturday and Sunday from 9 a.m. to 5 p.m. and all holidays from 9 a.m. to 3 p.m. except Thanksgiving, Christmas and New Year's Day.

The Auto Skills Center offers a shop orientation class on the third Thursday and Friday of each month. Reservations are required for the orientation. Call 542-3227 for information.

O'Club happenings

The Ready Room Officers' Club bar is open for social hours every Friday from 4-7 p.m. The Ready Room is available for command functions and special events all other days.

The T-bar, located behind Building 844 is now open to all hands every Thursday from 4-7 p.m. and every second and third Saturday from 4-7 p.m. The T-Bar is available for command functions and special events all other days.

Liberty happenings

The Liberty Cove Recreation Center is hosting its first annual International Festival on Monday at 6:30 p.m. Celebrate the many countries and cultures of the world and experience a variety of food, dancing and music. We will also feature Polynesian dancers. There will be door prizes and gift certificates awarded throughout the

festival. Join us each Wednesday for a karaoke and dance party. The fun starts at 7 p.m. at the Budweiser Brew house with DJ Marc "E" Marc.

14th annual Haunted Woods Challenge

Commands, squadrons and departments are encouraged to be a part of this year's Halloween program and are eligible to win money for their MWR funds. Your ideas can enhance this program. For more information call 778-9772

Free movies offered

Enjoy free movies at the base theater each Friday evening starting at 7 p.m. and every other Saturday at 5 p.m. and 7 p.m. Bring your own popcorn, soda and snacks. Sit back and enjoy some of Hollywood's premier blockbuster hits. There are no alcoholic beverages allowed in the theater and persons under 17 are not permitted without adult supervision.

Tomorrow, 7 p.m. - Matrix Reloaded (R)
Sept. 26, 7 p.m. - Wrong Turn (R)
Sept. 27, 5 p.m. - Raiders of the Lost Ark (PG)
Sept. 27, 7 p.m. - Charlie's Angel Full Throttle (PG-13)

Visit MWR online at www.nasjax.navy.mil and look for the tab marked MWR this is your tab to unlimited fun. For questions or comments e-mail us at mwrmtg@nasjax.navy.mil.

Fitness Center offers new Walk-to-Run program

The NAS Jax Fitness Center is offering a nine-week Walk-to-Run Program beginning Oct. 7. every Tuesday and Thursday at 11:30 a.m. This new program will be held every Tuesday and Thursday at 11:30 a.m. weather permitting. The workout will last about 30-45 minutes and is open to all beginner and

novice runners. The goal for this program is to participate in the Biathalon Turkey Trot on Nov. 20 and Jingle Bell Jog on Dec. 18. All participants must sign up for the program by calling 542-3518 and must have clearance from a doctor if you have medical problems.

Health tip from the Wellness Center

By Cheryl Masters
Naval Hospital Jacksonville
Wellness Center

The artichoke is not only an artistic bit; it's also one of

nature's crusaders against cancer. Artichokes contain the antioxidant compound silymarin, which has shown to fight cell damaging free radicals. This compound may especially be helpful in

preventing prostate, breast, and cervical cancers. Artichokes are also plentiful in Vitamin C, fiber, magnesium and folate. So eat up and enjoy!

FFSC offers educational and support programs

From FFSC

The NAS Jacksonville Fleet and Family Support Center (FFSC) Life Skills Education and Support Program is the foremost preventive measure for the avoidance of personal and family problems.

All FFSC workshops and classes are free and available to service members and their families, and civilian personnel aboard the base.

Pre-registration is required. If special accommodations or handicapped access is required, please notify FFSC upon registration. For further information or to register, call 542-2766, Ext. 127.

The following workshops are available in September:

Sept. 22-25, 7:30 a.m. - 4 p.m. -

Transition Assistance Workshop (Retirement)
Sept. 23, 8 a.m. - 3 p.m. - Parenting Skills Workshop
Sept. 24, 9-11 a.m. - Debt Management
Sept. 25, 8-11 a.m. - Anger Control Workshop
Sept. 25, 1:30-3 p.m. - Volunteer Service Council
Sept. 25, 3-5 p.m. - Mentor Training
Sept. 25, 6-9 p.m. - Ombudsman Assembly
Sept. 26, 9-11 a.m. - Marketing Yourself (for military spouses)
Sept. 29 - Oct. 3, 8 a.m. - 4 p.m. - Command Financial Specialist Training
Sept. 30, 8 a.m. - Noon - Divorce Adjustment Workshop

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Outreach workshop offered by FFSC

On Oct. 2, the NAS Jacksonville's Fleet Family Support Center (FFSC) in partnership with other Navy agencies will be sharing information with civilian organizations and professionals in the greater Jacksonville area who work in the field of domestic violence.

The event will take place at the Cooperative Extension Building, 1010 North McDuff Avenue, Jacksonville beginning at 8 a.m. Registration will take place from 7:30 - 8 a.m.

The workshop will include briefs on the Navy's response to domestic violence including Navy family support programs, victim, legal, and medical services, and alcohol treatment programs.

To register, call the FFSC at 542-2766 or email otb@nasjax.navy.mil.

SPORTS AND STANDINGS

Tennis tourney coming up

A Captain's Cup Singles Tennis Tournament will be held Sept. 29 for active duty members only. Sign up at the front desk of the base gym. Call 542-2930/3239 for details.

Wrestling screenings

Screenings will be held Oct. 24 from 6-8 p.m. for the All-Navy Wrestling Team. Call 542-2930/3239 for more information.

Navy Southeast Regional Running and Triathlon Team

Represent the United States Navy in 5K, 10K, marathons, and/or triathlons. The Navy will showcase elite active duty men and women in regional races. Uniforms are provided as well as transportation, entry fees, and lodging costs. Interested runners must compete in sanctioned

(USA Track and Field, USA Triathlon Association, or Roadrunners Clubs of America) races and your time must be one of top 10 regional qualifying times. If you have run in sanctioned race and your time meets regional qualifying time, contact your base athletic director.

Southeast Regional qualifying times:

5K -	Men 19:00
	Women 24:00
10K -	Men 34:00
	Women 46:00
Marathon -	Men 3 Hrs. 30 Min.
	Women 4 Hrs.
Triathlon -	Men 2 Hrs. 30 Min.
	Women 3 Hrs.
Triathlon time based on 1.5k swim, 10k run, 40k bike	

For more information about any of the sports articles, call 542-2930/3239.

AIMD SE	5	5	0
Wing 11 "B"	3	6	0
VS-22 "A"	2	7	0
NADEP	1	8	0
NAMTra	0	10	0

Intramural Softball Standings

As of Sept. 11			
Team	Wins	Losses	
VS-30	2	0	
VP-30	2	0	
VP-16 Red	2	0	
NAMTRAU	2	0	
Air Ops	1	1	
SERCC	1	1	
VP-5	1	1	
AIMD SE	1	1	
VP-16 White	0	2	
TPU	0	2	
HITRON 10	0	2	
VS-22	0	2	

COMMUNITY CALENDAR

The **Navy Wives Clubs of America, NWCA Jax No. 86** meets the first Wednesday of each month. Meetings are held in Building 612 on Jason Street at NAS Jacksonville at 7:30 p.m. The Thrift Shop is open Tuesdays and Thursdays and every other Saturday from 9 a.m. - 1 p.m. For more information, call the Thrift Shop at 772-0242 or Pearl Aran at 777-8032.

The **Navy Wives Club's DID No. 300** meetings are held the second Thursday of each month at 7 p.m. at the Oak Crest United Methodist Church Education Building at 5900 Ricker Road. For more information, call 387-4332 or 272-9489.

Clay County Chapter 1414, National Association of Retired Federal Employees, (NARFE) invites all retired and currently employed federal employees to their regular monthly meeting the second Tuesday of each month at 1 p.m. at the Orange Park Library. For more information, call 276-9415.

The **Navy Jacksonville Yacht Club** general membership meetings are held at 7:30 p.m. on the first Wednesday of every month at the clubhouse (Building 1956) adjacent to the Mulberry Cove Marina. The Navy Jax Yacht Club is a mem-

bers only club open to all active duty, reserve and retired military, and active DoD personnel. For more information, call 778-0805 or email commodore@njyc.org.

Christian Fellowship Night is held behind the Chapel in Building 749 from 6:30 – 9 p.m. every Tuesday night. For more information, call 542-3051.

Association of Aviation Ordnancemen's meeting is held the third Thursday of each month at the Fleet Reserve Center on Collins Road. For more information, call AOC Chris Johnson at 542-2168 or AOCS Erick Parmley at 542-8589.

The **Westside Jacksonville Chapter 1984, National Association of Retired Federal Employees** extends an open invitation to all currently employed and retired federal employees to our regular meeting held at 1 p.m. on the fourth Thursday of each month at the Murray Hill United Methodist Church, (Fellowship Hall Building) at 4101 College Street. For more information, call R. Carroll at 786-7083.

The **National Naval Officers Association (NNOA)** holds its monthly meeting on the third Thursday each month at 5:30 p.m. at the Jacksonville Urban

League, 903 West Union Street. Interested personnel are encouraged to attend or contact Lt. Herlena Washington at 696-5005 or email WashingtonHO@matcombic.usmc.mil.

The regular monthly meeting of **Branch 126, Fleet Reserve Association** will be held tonight at the Branch Home, 7673 Blanding Blvd. at 8 p.m. All active duty and retired enlisted personnel of the Navy, Marine Corps and Coast Guard and enlisted reserve personnel are invited to join Branch 126 and attend meetings. For more information call 771-2936.

The **Jacksonville Genealogical Society** meeting will be held Saturday at the Webb-Wesconnett Library, 6887 103rd Street at 1:30 p.m. For additional information please contact Mary Chauncey at 781-3900.

The **Marine Corps League, Jacksonville Detachment** will hold their monthly meeting Oct. 2 at 7 p.m. at the Golden Corral Restaurant on San Jose Boulevard in Mandarin. For more information call John Leisman at 779-7375.

The **VP/VPB-23 Veterans Association** will hold its ninth reunion in Jacksonville Oct. 15-19. For more information, email dklotz23@aol.com.

JAX TALES

By MIKE JONES

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